

tia  
te reo

we  
te reo



# Te tohu a Te Mahi Kai The language of food design

**Tangaroa**  
*God of sea*

**Tanemahuta**  
*God of the forest*

**Te pae  
whenua**  
*Above and  
below our land*

**Te taura  
whiri**  
*Weaving  
together as one*

**Rongomātane**  
*God of cultivated food*

**Haumiatiketike**  
*God of wild food*

This tohu is also in the shape of a waha/mouth representing the kai/food we consume from the land and sea. The four smaller koru patterns inside represent the food or children of each atua/god.



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# Nau mai Welcome

**More New Zealanders are using te reo Māori on a daily basis and focusing on pronouncing names of people and places. The Māori language adds to New Zealand's unique identity on the world stage.**

This booklet provides simple words and sentences for you to use te reo Māori in your home and community. The theme is 'Te Mahi Kai – The Language of Food'.

For many people, including Māori, kai is a very important part of culture because gathering, preparing and sharing kai shows hospitality and respect for visitors.

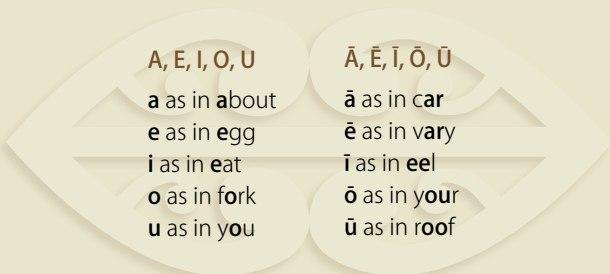
It's universally acknowledged that food, and the culture and customs around it, create a sense of community.

'Te Mahi Kai' is not just about sharing a meal. The language of food includes collecting food from the land and sea, and traditional and contemporary preparation methods such as: hunting, diving, fishing, foraging, shopping, preparation in the kitchen, at the marae, at the local community centre and more.

Have fun learning about 'Te Mahi Kai' and speaking the language of food at home and in your community. Learning and speaking te reo Māori adds to New Zealand's success and vibrant identity.

# Whakahuatanga Pronunciation

It is important to pronounce the language correctly. To correctly pronounce Māori one must master the 'short' and 'long' sounds of the five vowels:



It's important to pronounce the correct vowel sound, otherwise you may change the meaning of a word.

Keke means cake

Kēkē means armpit

Kekē means creak or squeak

There are 10 consonants in te reo Māori:

**h, k, m, n, ng, p, r, t, w, wh**

Say '**ng**' as in **singer**

Say '**wh**' as in **fish**

Roll the '**r**' like '**dd**' in **judder** or **muddy**

To further master your pronunciation visit:

[www.koreromaori.co.nz](http://www.koreromaori.co.nz) to listen to the Māori alphabet.

# Māra Garden

Kei te whakapai au i te whenua mō te māra kai.  
*I'm preparing the land for a garden.*

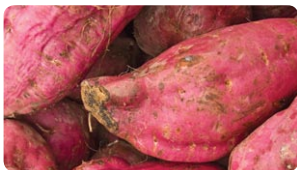
Kei hea te kāheru?  
*Where is the spade?*

Kua haere au ki te whakatō i ngā kākano tōmato.  
*I'm going to plant the tomato seeds.*

Me ngaki tātou i te māra!  
*Let's all go and weed the garden!*

Me whawhaki tātou i ngā kānga.  
*Let's all harvest the corn.*

riki	onion
kūmara	sweet potato
rīwai	potato
kareparāoa	cauliflower
kānga	corn
harore	mushrooms
tōmato	tomato
rētihi	lettuce
uhikamea	carrot
kāpeti	cabbage
rengakura	beetroot
korare	silverbeet



# Te moana The sea

Kei te haere au ki te mahi kaimoana mō te tina.  
*I'm going to get seafood for lunch.*

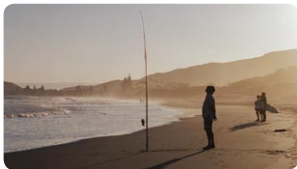
Kei te ruku pāua te whānau.  
*The family is diving for abalone.*

Kei te hī ika a pāpā.  
*Dad is fishing.*

Kei te kohikohi kahitua te whānau.  
*The family is gathering beach pipi.*

Mā māmā ngā kina e poha.  
*Mum will get the sea-egg roe out of the shell.*

ika	fish
pātiki	flounder
kōura	crayfish
kina	sea egg
tāmure	snapper
pāua	abalone
karengo	seaweed
pāpaka	crab
wheke	octopus
whai	stingray
kahitua	beach pipi
tuangi	cockle



# Te ngahere The bush

Kei te haere au ki te ngahere ki te kato pikopiko.  
*I'm going to the bush to pick fern fronds.*

Kei te whakangau poaka ngā tāne.  
*The men are pig hunting.*

Me haere tātou ki te koha i ngā ponguru!  
*Let's all go gather the karaka berries!*

Kua kai korerū koe?  
*Have you eaten the wood pigeon?*

Kāo, kāore e taea te kai korerū i ēnei rā, he takahi tērā i te ture.  
*No, you can't eat wood pigeon anymore it's against the law.*

manu	bird
poaka	pig
tia	deer
pikopiko	fern fronds
horopito	pepper tree
pokerehū	tawa berry
ponguru	karaka berry
tīkouka	cabbage tree
aruhe	bracken fern shoots
rāpeti	rabbit
korerū	wood pigeon
kawakawa	macropiper excelsum





Kei te hī taraute tō pāpā.  
*Your father is trout fishing.*

Kua rite te hīnaki mō ngā tuna.  
*The net has been set for the eels.*

Kei te pupuhi rakiraki rātou.  
*They are duck shooting.*

Kia tūpato i te wai!  
*Be careful in the water!*

Kei te rama kōura tō matua kēkē.  
*Your uncle has gone to torch for fresh water crayfish.*

<b>morihana</b>	<i>goldfish</i>
<b>rakiraki</b>	<i>duck</i>
<b>kōura</b>	<i>crayfish</i>
<b>kākahi</b>	<i>fresh water pipi</i>
<b>inanga</b>	<i>whitebait</i>
<b>taraute</b>	<i>trout</i>
<b>tuna</b>	<i>eel</i>
<b>wātakirihi</b>	<i>watercress</i>
<b>kōkopu</b>	<i>native trout</i>





He aha tā tātou hapa?

*What's for tea?*

Kei te miraka kau tō kuia.

*Your grandmother is milking cows.*

Kei te whāngai ngā tamariki i ngā heihei.

*The children are feeding the chickens.*

Unuhia ō kamupūtu paruparu!

*Take off your dirty gumboots!*

He mīti kau tā tātou tina.

*We are having beef for tea.*

kau	cow
mīti kau	beef
hipi	sheep
poaka	pig/pork
nanekoti	goat
heihei	chicken
hēki	egg
reme	lamb
miraka	milk
pata	butter
kirīmi	cream
mīere	honey



# Te Kāuta - The kitchen



Horoia ō ringaringa!  
*Wash your hands!*

Kotikotia ngā riki.  
*Dice the onions.*

Tapahia te tōmato.  
*Cut the tomato.*

Kōhuatia ngā hēki.  
*Boil the eggs.*

Raua atu ngā kai ki te umu.  
*Put the food in the oven.*

Penupenua ngā rīwai.  
*Mash the potatoes.*

Whakapāhukahukahia  
te kirīmi.  
*Whip the cream.*

He reka tēnei?  
*Is this nice/sweet?*

kōhua

tote

pepa

kīnaki

naihi

paoka

pune

kāpata

umu

papa

kotikoti

whata mātao

pot

salt

pepper

sauce

knife

fork

spoon

cupboard

oven

chopping

board

fridge



# Te hokomaha The supermarket



Tikina atu te kōneke.  
*Go and get the shopping trolley.*

Māu e pei te kōneke.  
*You can push the trolley.*

Māmā, he tiakareti māku.  
*Mum, I'd like some chocolate.*

Kāo, whakahokia.  
*No, put it back.*

Me hoko kai hauora tātou!  
*We should buy healthy food!*

Tikina atu te parāoa.  
*Go and get the bread.*

Kua nui ngā āporo?  
*Is that enough apples?*

Tēnā, kei hea ngā rauamiami?  
*Excuse me, where are the mixed herbs?*

E hia te utu o tēnā?  
*What does that cost?*

huawhenua	<i>vegetables</i>
huarākau	<i>fruit</i>
mīti	<i>meat</i>
kaimoana	<i>seafood</i>
kōneke	<i>shopping trolley</i>
kete	<i>shopping basket</i>
parāoa	<i>bread</i>
miraka tepe	<i>yoghurt</i>
tīhi	<i>cheese</i>
pihikete	<i>biscuits</i>



# Te wharekai The dining room

Mahia te tī me te kawhe.

*Make the tea and coffee.*

Mā ngā tamariki ngā parāoa e tōhi.

*The children will make the toast.*

Tunua ngā keke ki tēnā umu.

*Cook the cakes in that oven.*

Mā tātou katoa ngā rīhi/maitai e horoi.

*We will all wash the dishes.*

Kua reri te raihi.

*The rice is ready.*



Kei te whakarite tō kuia i ngā kuku parai.  
*Your nanny is preparing the fried mussels.*

Riringihia te wai ki te peihana.

*Tip the water in the basin.*

Me haere koe ki te hoko kēne huarākau nui?

*Can you go and buy a big can of fruit salad?*

peihana	basin
oko	bowl
parai	fry
koropupū	boil
hinu	cooking fat
pouaka tio	freezer
tunu	cook
maoa	cooked
tō	stove



Kei te nui ngā kai mō te hākari?  
*Is there enough food for the feast?*

# Hāngi Earth oven

Keria te rua.

*Dig the pit.*

Kei hea ngā kōhatu hāngi?

*Where are the hāngi stones?*

Ka toru hāora te hāngi e tunu ana.

*The hāngi is cooked for three hours.*

He pai te paukena hāngi ki a au.

*I love hāngi pumpkin.*

Kua reri te hāngi?

*Is the hāngi ready?*

Kei te hiakai ahau.

*I'm hungry.*

He hāngi māu?

*Would you like some hāngi?*

**hāngi** earth oven

**kōhatu** stones

**auahi** smoke

**paukena** pumpkin

**wahie** firewood

**kāheru** spade

**ahi** fire





# Te kai tahi Eating together

Kua reri te kai.  
*The food is ready.*

Horahia te tēpu.  
*Set the table.*

Kia inoi tātou.  
*Let's bless the food.*

Homai koa te tote.  
*Please pass me the salt.*

Kaua e horokai!  
*Don't eat so quickly!*

Kei hea taku purini?  
*Where's my pudding?*

Kaua e pukukai.  
*Don't eat too much.*

Kua kī taku puku.  
*My stomach is full.*

Kua mutu au.  
*I'm finished.*

Kua kai anō koe?  
*Have you had something to eat?*

Me haere tāua ki te hoko kawhe.  
*Let us (me and you, the person you are talking to) go and get a coffee.*

He tī, he kawhe rānei?  
*Tea or coffee?*

He kawhe māku.  
*I would like a coffee please.*



# Tohutao Recipes

## PARĀOA RĒWANA – MĀORI BREAD

This mixture is enough for a large loaf tin or a very small umu.

4 cups of high grade parāoa/flour  
2 dessert spoons huka/sugar  
2 cups of hua rēwana/rēwana bug  
2 cups of tepid wai/water

Put flour and sugar in a bowl. Make a well, add the bug and water. Combine all ingredients then knead for approximately five minutes or until mixture loses its stickiness. Place in a greased loaf tin or umu. Leave to rise in a warm place. Cover with a cloth until it doubles in size and then cook at 150 degrees for 45-60 minutes or until nice and brown.



## RĒWANA BUG RECIPE

1 cup parāoa/flour

2 dessert spoons huka/sugar

1 cooked rīwai/potato (mash in cooled cooking water)

1 teaspoon tunu pēkana paura/baking powder

Mix all ingredients together and put in a warm place like a hot water cupboard. Feed the bug daily with half a cup of flour, a teaspoon of sugar and some water until mixture bubbles. It is now ready to use.



## KAI KŌHUA - BOILUP

Serves four people

2 kgs wheua poaka/pork bones

Pūhā or wātakirihi/watercress

4 kūmara

4 rīwai/potatoes

Put the lean pork bones into a big pot (big enough to also fit in the rīwai, kūmara and pūhā). Cook until boiling then turn down and simmer for an hour. Make sure you change the water for a healthier boilup. Put the rīwai and kūmara in a separate pot if you wish. Clean, wash and rub the pūhā. Place it into the pot with the pork bones. Bring to the boil then simmer for 15 minutes. Add the peeled kūmara and rīwai. When vegetables are cooked the boil up is ready.



## DELICIOUS TUNA/EEL

Clean the eel by dipping it into very hot water (but not boiling) until it has a milky appearance. Wipe off all the slime. Remove the backbone, stomach and head. Open the eel flat. Sprinkle liberally with salt and pepper, then hang on a line in the sun to dry for 12-24 hours. It is now ready to cook. Cut into pieces and place skin-side up in the pan. This allows fat to escape while cooking. Cook under a moderately hot grill for 15-20 minutes until the skin is crisp. Serve. (Note: Trout may be treated in the same manner.)



## KĀNGA WARU

Melt 1 dessert spoon of pata/butter in miraka/milk and add 1 dessert spoon of huka/sugar.

Add 1 small grated kūmara to 1 cup of minced cornmeal and mix with rest of ingredients to a nice consistency.



Gather and clean corn leaves and drop 2 tablespoons of mixture into each of the leaves.

Tie both ends then drop into boiling water and cook for ½ hour on a medium element. Eat hot or cold.

# Karakia kai Food Prayers



E tō mātou matua i te rangi  
Whakapaingia ēnei kai  
Kua hora ki mua i a mātou  
Hei oranga mō ō mātou tinana  
Āmine

*Our Father who art in heaven  
Bless this food  
Spread before us  
As sustenance for our bodies  
Amen*



Nau mai e ngā hua o te wao  
O te ngakinga  
O te wai tai  
O te wai māori  
Nā Tāne  
Nā Rongo  
Nā Tangaroa  
Nā Maru  
Ko Ranginui e tū iho nei  
Ko Papatūānuku e takoto ake nei  
Tūturu whakamaua kia tina  
Tina, haumi ē, hui ē, taiki ē!

*I welcome the gifts of food  
From the sacred forests  
From the cultivated gardens  
From the sea  
From the fresh waters  
The food of Tāne  
Of Rongo  
Of Tangaroa  
Of Maru  
I acknowledge Ranginui who is  
above me and  
Papatūānuku who lies beneath me  
Let this be my commitment to them all!*



# Whakataukī Proverbs

Nā tō rourou, nā taku rourou ka ora ai te iwi.

*With your food basket and my food basket the people will thrive.*

Ko te kai a te rangatira, he kōrero.

*Talk is the food of chiefs.*

He kiore pukurua.

*A greedy person.*

He mahi kai te taonga.

*Survival is the treasured goal.*

(The ability to provide sustenance has high importance, being essential to survival. Today the meaning is to have steady employment that gives the family a reasonable standard of living).

He iti kai mā tangata kotahi e kai, kia rangona ai te reka.

*If there is only a little food, let only one eat it in order that it's sweetness may be appreciated.*

# Hei Āwhina Te Reo Māori Support

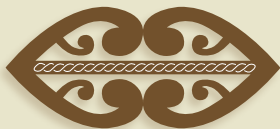
Whether you are at a beginner's level or have some fluency in te reo Māori, visit [www.koreromaori.co.nz](http://www.koreromaori.co.nz) for more support, tips, plans and language resources to help you and your whānau further your knowledge of te reo Māori.


## FOR LEARNERS

There are interactive conversations, audio pronunciation of the vowels, basic cultural information or you can join the Māori language club for weekly support. Also check out 'Tōku Reo' which broadcasts every week day from 8pm on Māori Television.

## MĀ TE HUNGA KŌRERO MĀORI

Kei te wāhi nei te ī-papakupu e kīia nei ko He Pātaka Kupu ētahi hononga ki ngā kura/wānanga whakapakari reo Māori, me ētahi atu tautoko kia eke rā anō tō reo Māori ki te taumata tika. Me mātakitaki hoki tātou i te hōtaka o 'Ako' i te hongere o 'Reo'. Mā Pania Papa ō pūkenga reo e whakapakari ake kia eke tō taumata reo ki tōna puhitaioreoretanga.






**Kia ora, kei te  
pēhea koe?**

*Hi, how are you?*

**Kia ora, ka  
nui rā taku ora.**

*Hello, I'm very well  
thank you.*



**Kei te  
hiakai  
koe?**

*Are you  
hungry?*

**Kāo, engari  
kei te  
hiainu au.**

*No, but I'd  
like a drink.*

He tī, he kawhe rānei?

*Tea or coffee?*

He kawhe  
māku.

*A coffee  
for me.*

He wai  
māori  
māku.

*Just some  
water for me.*

tia  
te reo

*'Kia ita!'*

Te Taura Whiri i te Reo Māori

MAORI LANGUAGE COMMISSION



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